

Such a division necessitates giving each phase only a small amount of time. Taking a thirty-minute period as a sample such division would consist of:

Marching Tactics . . . . .	5 minutes
Calisthenics . . . . .	10 minutes
Group Games . . . . .	15 minutes

However, such a division need not be final and the instructor should feel free to put more or less time on any of the divisions depending upon local conditions.

#### F—Marching Tactics

Marching tactics are included for two purposes:

1. Develop Response.
2. Posture Training.

Only the simple tactics and elementary marching is included. This type of work should come at the beginning of the lesson and can be used as "warming up" exercises, as well as for the development of a quick response and a good carriage. No attempt has been made to outline lessons as the movements should be taken one by one, progressing only as fast as the class masters them.

#### G—Calisthenic Lesson

The calisthenic lesson is divided into eight divisions. This is done for the purpose of including exercises that will directly exercise all parts of the body. It is advisable to follow the order indicated in the lessons. However, should the lesson be shortened, certain parts can be omitted, or if lengthened, two exercises under certain divisions can be used. The lesson can also be lengthened by giving more repetitions of each movement. The divisions of the calisthenic lessons are as follows: breathing, arm and leg, posture, trunk, abdominal, balance, jumping, and breathing.

#### H—Group Games

Games should come at the end of the period. They are given the largest allotment of time because of their importance in any program of physical training. Not alone do they carry great physical benefits, but they are unexcelled in developing such qualities as leadership, coöperation, fairness, team-work, honesty, obedience, loyalty, quickness, and self-confidence. The success of the physical training periods will depend to a large extent upon the interest manifested by the pupils; games will do more than any other one thing to create and maintain this interest.

A great deal of interest can be developed by having definite teams for these games and having these teams compete against each other during every physical training period. Keep a record of the results on the board in the study room or the assembly room. This will bring a competitive spirit into the physical training periods and will greatly help to build up the interest and enthusiasm.